



Case Study

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AYURVEDIC MANAGEMENT OF VARICOSE VEIN: A CASE STUDY

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ABSTRACT

Varicose vein is one among the common health care condition. Worldwide prevalence rate is 10-20%. Women are more prone to get affected than men. It is a condition, in which the vein becomes dilated, elongated and tortuous. Specially involves the lower limb, both superficial perforating and deep vein. Even though contemporary system has wide range of managements including medications, ligation, surgical management and laser therapy, there is a chance of reoccurrence in some cases. Based on the classical signs and symptoms it can be co-related with Sirajagranti, which occurs due to dushita Rakta (impure blood). Symptoms of Sirajagranti are shoola (pain), sankuchita (constricted), sampidana (congestion), unnata (elevated), vrutta (circular) in the siras. In Ayurvedic line of management Panchakarma procedure like Virechana Karma (purgation therapy), Abhyanga (massage), Udvartana (powder massage), Raktamokshana (bloodletting), Siravyadha (vene section) etc, which treats the Sirajagranti (Varicose vein) from its root cause. In this present study, a case of 32 years male subject came to our OPD with complaints of pain and dilation of veins and discolouration of both lower limbs since 2 years. So, the subject was advised shamana aoushadis (Oral medications), along with 3 sittings of Siravyadha (vene section) in the lower limb. After the course of treatment marked changes in signs and symptoms are observed.

Keywords: Sirajagranti, Siravyadha, Raktamokshana, Varicose vein

INTRODUCTION

The Varicose vein commonly occurs in superficial venous system of the lower limbs, Usually just a cosmetic ailment, in some cases they causes fatigue, pain, Itching and night times cramps. The superficial veins and perforating veins, connects the superficial veins with deep veins. It can affect long, short or both the Saphenous vein. The primary cause for Varicose vein is the incompetency of the valves and weakness in the walls of vein that makes venous insufficiency due to long standing, in obese persons, in athletes. The secondary Varicose vein occurs due to ovarian cyst, fibroid, tumours in pelvis, pregnancy, Deep Vein Thrombosis (DVT)¹ etc.

The Varicose veins are very common in India. 10 - 20% of adults develop Varicose vein, the adult prevalence of visible Varicose vein is 25-30 per cent in women and 15 per cent in men. Women are more likely to get the condition. Hormones tends to relax vein walls, so changes in hormone before menstrual period, during pregnancy and menopause might be a factor. Having worldwide prevalence of lower extremity varicose vein is 10%-30%.

In Ayurveda the signs and symptoms of Varicose vein can be correlate with lakshanas explained for Sirajagranti (Varicose vein). Due to Vataprakopakara nidana (factors which increases the Vata), includes ativayama (excessive physical exertion), abala (debilitated persons), does the vitiation of the Vata, the vitiated Vata enters the siras (veins) and produces the lakshanas like sankuchita (constricted), sampidana (congestion), unnata

(elevated), vrutta (circular)². Acharya Vagbhata also describes nishpura (non-pulsatile), neeruja (painless)³ of the veins.

Acharya Sushruta says Sirajagranti (Varicose vein) are kricchrasadya (difficulty to cure) if they are associated with ruja (pain) and chala (moving), and avoid treating if they are aruk (painless), achala (not moving), marmauttita (involvement of vital parts)⁴. In Ayurvedic line of management Panchakarma procedure like Virechana Karma (purgation therapy), Abhyanga (massage), Udvartana (powder massage), Raktamokshana (bloodletting), Siravyadha (vene section) etc., are explained for the management of Sirajagranti (Varicose vein). In this case study the Siravyadha (vene section) and shamana aoushadis (oral medications) like Raktashodhaka aoushadis (blood purifying medicines) are advised to the manage the Sirajagranti (vene section).

CASE PRESENTATION

A 32-year-old male subject who works as labour visited to OPD of SJGAMC and H Koppal, Karnataka on 29-2-24 with complaints of pain and dilatation of vein in B/L lower limbs from knee joint to foot, burning sensation along with discoloration in the past 2 years (Left > Right). Initially he had less pain and dilatation of vein over left lower limb but he did not take any treatment for that, so the complaints are gradually increased and also appeared over right lower limb. He consulted local physician who prescribed few medications and stockings for use. But patient did not find any relief so approached our OPD for further evaluation and management.

A thorough examination was done. There was pain, swelling and dilated tortuous veins were present in foreleg, calf region, and discoloration in both feet. As the occupational history belonging to labour group who used to stand for longer duration which is a primary cause for the varicose vein.

Prior to the initiation of study the subject informed consent was taken after the detail explaining about the procedure and treatment protocol.

Examination

General physical Examination

BP - 130/90 mmhg
 Cyanosis - Absent,
 PR – 76 bpm
 Pallor - Absent,
 Temperature - 98.50 °F
 Clubbing - Absent
 Weight – 73 kg

Systemic Examination

CVS - S1 S2 heard, no abnormality detected while auscultation.
 CNS - Conscious and well oriented.

Local Examination

Inspection - Dilated vein present over both lower limbs i.e. over foreleg, calf region, foot, also discoloration was present in both foot (Left>Right).

Palpation - Tenderness +

Relevant Examinations

Mose’s sign was positive that is pain got relived by elevation of legs.⁵

Tourniquet test was positive.⁶

Table 1: Investigation report

CBC	Hb% - 12.6% WBC - 7.600c/cumm Platelets - 2.47
Serum Creatinine	1.1 mgs/dl
Blood urea	18.0 mgs/dl
RBS	89 mg/dl

Venous Doppler of left lower limb was done on 3-3-2024.

Impression

- Left SFJ is mildly incompetent.

- Great Saphenous vein is mildly dilated, measures 6.2mm and multiple perforators with varicosities in leg and foot region.

MATERIALS AND METHODS

Therapeutic intervention

Shodhana (Purification therapy) - Siravyadha (Vene section) - 3 sittings with a gap of 5 days.

Shamana chikitsa (Oral medications)

Treatment Protocol

Table 2: Siravyada Procedure Schedule

Date	Procedure	Blood drained
5-3-2024	Siravyadha	100 ml
10-3-2024	Siravyadha	80 ml
15-3-2024	Siravyadha	90 ml

Acharya Sushruta says physician should allow a part of vitiated Rakta to remain inside the body rather than draining it excessively. Shamana chikitsa (oral medications) should be adopted to remove the remaining vitiated doshas, to avoid atisravana (excessive bloodletting) and complications⁷.

The procedure of Siravyadha (vene Section) is done is briefly explained under three titles.

Purva karma (Preoperative procedure): The following materials were collected prior to the procedure gauze piece, tourniquet, kidney tray, cotton swabs, bandage, gloves, scalp vein (no.20), spirit, haridra (turmeric), oil, nadi swedana yantra (fomentation instrument). Before the procedure, the patient underwent stanika abynaga (localized oil massage) and nadi-swedana (type of fomentation). Then the left leg was flexed and a tourniquet was tied just above the calf region to visualize the veins carefully.

Pradhana karma (Main procedure): The patient was asked to stand comfortably on the leg with extended knee, The most tortuous vein was selected and punctured with no. 20 Scalp vein set, carefully the blood was observed and let flow into the kidney tray. Later, the output was measured with the help of ounce glass.

Pashat karma (Post-operative Procedure): After completion of the procedure, the flow of blood decreased and finally ceased; after which the needle was withdrawn. The pricked part was cleaned up with cotton swab and tight bandaging was done along with Haridra (Turmeric powder) and ghrita (Ghee). Later the patient was advised rest by raising his legs using a pillow.

Table 3: Treatment given during Siravyadha

Name	Dose	Time	Duration
Tab Kaishora Guggulu DS	1-0-1	Before food	10 days
Gandaka Rasayanadi vati	1-1-1	After food	10 days
Varunadi Kashaya	10ml-0-10ml with 60 ml warm water	Before food	10 days
Shiva gutika	½ -0- ½	After food	10 days

Table 4: Oral medications during Follow-up

Name	Dose	Time	Duration
Tab Kaishora guggulu DS	1-0-1	Before food	15 days
Gandaka Rasayanadi vati	1-1-1	After food	15 days
Tab Shivagutika	1/2-0-1/2	After food	15 days
Varunadi Kashaya + Manjistadi Kashaya	Each 15ml -0-15ml with Equal quantity of Warm water	Before food	15 days
Sahacharadi taila	For External application		15 days

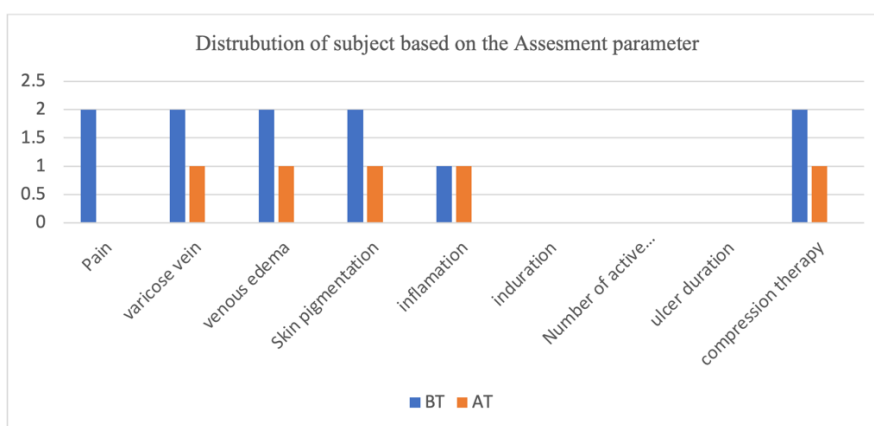
Table 5: Assessment Parameters⁸

Attribute	Absent (0)	Mild (1)	Moderate (2)	Severe (3)
Pain	None	Occasional	Daily	Daily w/meds
Varicose vein	None	Few	Multiple	Extensive
Venous oedema	None	Evening only	Afternoon	Morning
Skin pigmentation	None	Limited, Old	Diffuse, more recent	Wider, recent
Inflammation	None	Mild cellulites	Moderate cellulites	Severe
Induration	None	Focal <5 cm	<1/3 gaiter	>1/3 gaiter
No. active Ulcers	None	1	2	>2
Active ulcer size	None	<2 cm	2-6 cm	>6 cm
Ulcer duration	None	<3 months	3-12 months	>1 year
Compression Therapy	None	Intermittent	Most days	Fully comply

RESULTS AND DISCUSSION

Table 6: Results

Attribute	Before treatment	After treatment
Pain	2	0
Varicose vein	2	1
Venous oedema	2	1
Skin pigmentation	2	1
Inflammation	1	1
Induration	0	0
No. active Ulcers	0	0
Active ulcer size	0	0
Ulcer duration	0	0
Compression Therapy	2	1
Total score	10	5



The Varicose vein occurs due to various aetiology and risk factors, that causes the enlargement of vein in the legs, the veins become incompetent and stretching of valves which causes the back flow of the blood leads to increases pressure in the calf muscle and failure to pump blood. Siravyadha (vene section) is a treatment mentioned in classical texts for Sirajagranti (Varicose vein).

In Varicose vein, venous hypertension causes the vein to stretch, leading to pain, and Sirajagranti (Varicose vein) is due to vitiation of Rakta and Vata dosha. Avarana (obstruction) of Pitta by Vata which leading to pain. So, by performing Siravyadha (vene section), which can remove the avarana (obstruction) of Pitta dosha and giving way for anulomana (upward movement) of Vata, indirectly this cures the Vatika symptoms along Pitta and other symptoms. So removed blood which decreases the pressure in the veins and thus reduces the pain.

This procedure eliminates blood stasis and helps enhance the pumping action of the vein by creating negative pressure. The removal of RBCs through Siravyadha (vene section) prevents their diffusion into tissues, avoiding lysis and haemosiderin release, which causes pigmentation. The fresh blood flow utilizes

the free iron, preventing pigmentation. Additionally, RBC breakdown stimulates histamine release, causing vasodilation, increased vascular permeability, and itching, which can lead to eczema. Siravyadha (vene section) prevents these issues by removing the blood (RBC). As a result, the exchange of nutrients is facilitated.

Effect on Tortuous dilated veins: The accumulation of blood and vitiation of Vata in sira leads to dilation of vein and tortuosity, losses its competence. Tension in the vein get relived by the Siravyada (vene section), so repeated Siravyadha (vene section) brings down the local congestion, that makes proper circulation.

The oral medications are given which does the Pittashamana (alleviation of Pitta dosha), strotoshodana (clears the channels), Raktashodhana (blood purification). which helps to clear the underlying pathology in Sirajagranti (Varicose vein). like,

Kaishora guggulu: Balances the Vata and Pitta doshas, possesses anti-inflammatory properties, alleviates pain, reduces cholesterol levels, Aids in weight loss, lessens muscle tenderness, purifies the blood and helps to heal wounds and ulcer.

Varunadi Kashaya: It is Vatakaphahara, reduces swelling and inflammation, improves blood circulation, alleviates pain and discomfort, strengthens vein walls, helps in reducing the appearance of Varicose veins.

Manjishtadi Kashaya: It is combination used to treat skin diseases. It is very effective in some Pitta-Rakta dominant skin diseases, which can be related with poorvarupa (prodromal signs) of Vatashonita. It is beneficial even in some cases of Varicose veins where skin irritation is evident. This combination helps in healing wounds and ulcers related to Varicose veins. Once the wounds are healed, Manjishtadi kashaya restores the normal skin over the scar tissue.

Shiva Gutika: It manages skin disorders, helps to relieve the pain, enhances the Immunity, does the tridosha shamana (alleviates the all 3 doshas), act as rasayana (rejuvenation).

Sahacharadi Taila: Treats Vata disorders, provides relief from muscle cramps, Sahacharadi taila fortifies and enhances weakened veins, improving their strength and integrity. By firming the venous walls, it helped to reduce the appearance of Varicose veins. Its anti-inflammatory properties help reduce swelling and tenderness, providing gentle relief from the throbbing pain often linked with this condition. This supports the healing process and reduces the risk of complications from poor circulation. Combat dryness and itchiness with Sahacharadi taila is moisturizing properties. Enriched with natural emollients, it hydrates and nourishes the skin, promoting a soft, supple complexion while soothing irritation caused by Varicose veins.

After 1st sitting of Siravyadha (vene section) - Mild (30%) reduction in pain, inflammation without change in discolouration of foot.

After 2nd sitting - Moderate (50%) reduction in the pain, inflammation with mild reduction in discolouration of the foot.

After 3rd sitting - Complete reduction in the pain, inflammation and marked reduction in the discolouration of left foot. There was gradual improvement in the signs and symptoms in this case with helps of external treatment and oral treatment. There is reduction in the pain, swelling and burning sensation. Also marked reduction in the blackish discolouration which was present in the dilated vein.

CONCLUSION

Acharya Sushruta considered Rakta as chaturtha (forth) dosha and is one among the major adistana (place) for the vitiation in Sirajagranthi. Siravyadha (vene section) is type of Raktamokshana (bloodletting) which is indicated in Varicose vein. Siravyada is considered as ardhachikitsa (half of the treatment) or sampurna chikitsa (complete treatment) in Shalya tantra. Varicose vein is having similar signs and symptoms of Sirajagranti (Varicose vein) explained in classics having lakshanas like shoola (pain), daha (burning sensation) and vaivarnyata (discolouration). So, as it is Rakta dustivikara

(disease of vitiated blood), here Siravyada (vene section) which does the srothoshodaka (clears the channels), oral medications which are Pitta shamana (alleviation of Pitta dosha), Rakta shodhaka (blood purifiers), and Vatanulomaka (upward movement of Vata) are advised.

During the course of treatment of 3 sittings of Siravyadha (vene Section), and oral medications have been showed a marked reduction in the signs and symptoms in this case. In this case we tried 3 sitting of Siravyada (vene Section), recurrent Siravyada (vene section) can also be done, other procedure which are mentioned in classics are also can be tried to get better improvement in Varicose vein.

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